

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



1. Raised split squat

15 reps / 2-3 sets / 1 minute rest

- For this exercise, you will need a secure raised surface behind you such as a small step.
- Stand upright in front of the surface facing away from it.
- Transfer your weight on to the target leg and place the foot of the trailing leg up on the small step.
- Bend the knee and hip of the standing leg so that your hips lower directly downwards to the point where the trailing knee is just off the floor.
- Hold for 3 seconds before squeezing the buttock and thigh muscles to straighten the standing leg – do not forcibly lock out the knee.



15 reps / 2-3 sets / 1 minute rest



2. Step up

- Stand at the bottom of a step facing it – hold on to the wall/bannister if required for balance and/or support.
- Lift the affected leg and place the foot of the leading leg fully on the step.
- Straighten the leading leg by squeezing the thigh and buttock muscles as you rise on to the step and bring the trailing leg up to in to standing.
- Reverse the movement carefully and with control, placing emphasis on using the standing leg.



15 reps / 2-3 sets / 1 minute rest



3. Double leg heel raise from step- straight legs

- Stand at the bottom of the step facing it.
- Stand upright on the step with only the front half of each foot on the step so that the heels drop down – have a wall/stable object nearby to assist with balance.
- Push down through the front of the feet as if going up on your tip toes – the heel will begin to rise.
- Lift the heels as high as possible and then with control, slowly lower the heels all the way down over the course of a 5 second count.
- Hold this position until your pain reaches 6/10 on your pain scale or until your heel starts to drop.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.